



Montgomery County Department of Recreation, Senior Programs 301-468-4540



ROSS BODDY SENIORS

January 2007

Program Director Mary Hopkins
Nutrition Site Manager: Mary Minnick

18529 Brooke Road. Sandy Spring, Maryland
Phone: 301-570-1204 Senior Phone 301-570-1215

Senior Program days are Wednesdays and Thursdays, 10:00am – 2:00pm. Nutrition lunches are ordered through Mary Minnick 24 hours ahead of time for a suggested cost of \$4.83. Bus transportation is also available if one is in the designated pick-up area. Enjoy fellowship, games, entertainment, crafts and medical and educational information. Senior Fit exercises for seniors sponsored through Holy Cross Hospital, Kaiser Permanente and Montgomery County Recreation Department, meet on Tuesday and Thursday at 9:00am – 9:45am. Blood pressure is taken on the third Wednesday of each month through Montgomery General. As you can see, Ross Boddy is a happening place. Join us!

SNOW POLICY: when Montgomery County Public Schools (MCPS) are closed, all senior classes and programs including lunch and transportation are cancelled. If MCPS have a delayed opening, all classes scheduled to begin at or after 10am may be held as usual. If MCPS closes early, all evening classes and programs are cancelled.

Happy New Year to All!!!

January Events

January Birthdays: Lee Hardy, Clara Jackson, Doris Maxwell and Lorraine Rumps

Wednesday January 3

10:15am – 11:00am

Catchin' Up With Coffee

Advisory Board Meeting

11:00am – 12:00noon

Meeting with Seniors.

1:00pm – 2:00pm

Un-decorating the Christmas Tree

Pack away all of the decorations in the Seniors Room.

Thursday, January 4

10:00am – 11:00am

Exercise with Noodleball

11:00am – 12:00noon

Bingo Game

12:30pm – 2:00pm

Wednesday, January 10

10:15 AM – 11:00 AM
11:00 AM – 12:00 noon

Chair Exercises**Movie Day- “8 Below”**

This is a film about survival and loyalty and love. Set in the coldest place on earth, Antarctica, this is story that shows the strong ties between a man and his team of huskeys.

1:00pm – 2:00pm

Continue the Movie with Popcorn**Thursday, January 11**

10:15am – 11:00am
11:00am – 12:00noon
1:00pm – 2:00pm

Chair Exercises Led By Mary**Bingo****Chair Volley Ball**

We are going to have a fun game of ‘in your seats’ volleyball

Wednesday, January 17

10:15am – 11:00am

11:00am – 12:00noon
1:00pm – 2:00pm

Blood Pressure Screening by Montgomery General Hospital**Thursday, January 18**

10:00am – 10:30am
10:30am- 11:00am

11:00am – 12:00noon
12:30pm – 2:00pm

Gathering**Morning Warm-Up**

Get that blood pumping by moving your body.

Bingo**AFTA Performer**

Arts for the Aging is an organization that sends us Great artists.

Wednesday, January 24

10:00 AM – 10:30 AM
10:30 AM – 11:00 AM
11:00 AM – 12:00 noon

Coffee and Tea**Video Exercise****Thursday, January 25**

11:00 AM – 12:00 PM Bingo
1:00 PM – 2:00 PM

Wednesday, January 31

10:00 AM – 10:30 AM
10:30 AM – 11:00 AM
11:00 Am – 12:00 noon

Coffee Time**Stretching****Donna Weeks and Glass Etching**

Learn a fun craft that has you producing professional looking vases that you’ll really be proud to give or keep.